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Merit Awards

Great Lakes



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Your Navy Starts Here

July 22, 2005

RTC opens newest barracks - USS John F. Kennedy

By JO2 ELIJAH LEINAAR
NSTC Public Affairs

Recruit Training Command, Great Lakes, Ill., commissioned its newest barracks last Friday during a ceremony on the building's quarterdeck. In keeping with the command's tradition of giving ships' names to each new barracks, this one was commissioned as USS John F. Kennedy.

JFK is the eighth of 13 barracks being built as part of a the \$763 million recapitalization program at Recruit Training Command. Each barracks has 120,000 square foot of space; enough to accommodate 12 recruit divisions, of up to 88 recruits each. Each facility integrates berthing, classrooms, learning resource centers, a galley and quarterdeck, all under one roof.

"This commissioning marks the halfway point of the recapitalization here at Great Lakes," Lt. Stephen Pitman, of Naval Facilities Construction Command Midwest, said.

Also present at the ceremony were crewmembers of the barracks' namesake, USS John F. Kennedy (CV 67), including the ship's commanding officer Capt.

Dennis FitzPatrick.

"My ship is a city at sea," FitzPatrick told the audience. "That's the best way to describe it. When it's fully loaded out there are 5,500 people aboard ... But, without a United States Sailor on board, it does nothing. It's a bunch of metal, petroleum products, and hazardous waste. It goes nowhere and accomplishes nothing without great Americans like you onboard the ship. We need young, patriotic, dedicated, intelligent and well-trained great Americans to be successful. And, they get trained right here."

After the ceremony, Sailors from USS John F. Kennedy toured the barracks. They spent time with Recruit Division Commanders and their Recruits to learn how today's Sailors are trained.

Recruit Training Command's recapitalization project includes the construction of Battle Stations 21, a full-size ship simulator stocked with state-of-the-art special effects designed by the entertainment and theme part industries.

JFK and the other new barracks are going up in a section of Recruit Training Command called Camp John Paul Jones, a 48-acre parcel of land that was acquired from the Veteran's Administration.



On the evening of July 19, Naval Hospital Great Lakes Color Guard prepares to present colors during opening ceremonies of Navy Night at US Cellular Field, home of Major League Baseball's Chicago White Sox. For the story go to page 20. Photo by FC2 (SW) Jason Mosher



A ribbon-cutting ceremony celebrated the opening of Recruit Training Command's newest barracks, the USS John F. Kennedy on July 15. JFK is the eighth of 13 barracks being built as part of a \$763 million recapitalization program at Recruit Training Command. Photo by FC2(SW) Jason Mosher

Together in marriage, together in the Navy

By EVA KOWALSKI
Training Support Center

Since Joshua and Heidi Jensen walked down the aisle in February, the rest of their plans just fell right into place. Joshua had previously planned to enlist in the Navy and Heidi, coming from a family with an extensive military background, knew she wanted a solid career path – one that she felt the Navy could provide.

Despite the probability of separation during deployment, the newlyweds from Idaho Falls, Idaho decided to take the plunge and commit to a four-year contract with the service, carrying a possible two year extension.

The couple started boot camp at Recruit Training Command (RTC) April 5, where

they were only able to see each other during the Sunday Catholic service. Heidi said they were able to talk for a little bit after the service but most of the communicating they did was via letters that they would write to each other at any spare moment during the week.

Perhaps it was fate that brought Joshua and Heidi together when they met at a mutual friend's party and perhaps it was fate that also brought them together in the same rating – Electronics Technician (ET). After graduating from RTC, the Jensens, transformed into Seaman Apprentices, found themselves in separate classes, but tackling the same curriculum at Center for Surface Combat Systems Learning Site, Great Lakes.

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Now hear this!

Family Housing and the selected Public Private Venture (PPV) partner, Forest City Military Communities, LLC, will update family housing residents on the general PPV transition plan including timeline particulars, at a meeting on July 26 from 6 to 9 p.m. in Ross Auditorium.

'Railroad parking access to close.'

SEE STORY ON
PAGE 20.

Find out what's happening at
Great Lakes!

Visit the Great Lakes official web-sites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

Candidate program trains prospective chaplains

Introduces seminary students to Navy

By JUDY LAZARUS
Bulletin Associate Editor

The Chaplain Candidate program is the path for the seminary student whose goal is to become a member of the U.S. Navy Chaplain Corps. The program introduces them to the Navy and gives the Navy a chance to look at them.

“It’s important for them to know it’s not like a civilian church,” said Training Support Center’s Chaplain Brent Scott, chaplain candidate coordinator for Great Lakes. “Congregants are not the same,” he said. “It’s very unique. There is a lot of on-the-job training. Some of the candidates have had very little or no experience in a ministry.”

Individuals who are pastors can also enter the corps, by ‘direct accession.’ They do not go through the candidate program, although all prospective chaplains must go to Chaplain School in Newport, R.I.

Seminary students who have an interest in the Navy contact the Chaplain Corps. Their seminary training takes approximately three to four years.

“They are evaluated as to how they work with people and with a team,” Scott explained

Once they are accepted into the program,

the manager in Newport is tasked with assigning the individuals to various bases all around the country, for 29 days of training during the summer or for a shorter length of time during their Christmas break. Those who show an early interest during their schooling can have as many as three or four summer experiences before they come into the Navy.

“Great Lakes is one of the main places because of the diversity here,” Scott said. “We try to expose them to as many different settings as we can since we have so many commands here. We split up their time.”

Students go to Recruit Training Command, Training Support Center, Naval Hospital, and Forrestal Chapel, as well as the Coast Guard District in Milwaukee.

“They shadow a chaplain when they are here,” Scott said. “They watch how the chaplain counsels and may sit in on a counseling session; they prepare and preach a sermon during a worship service; and they learn to engage Sailors to build a bridge of relationships.”

“We have had them help develop a plan we’re working on,” Scott said. “This program is really for them. We’re here for them. The idea is we’re mentoring and training.”

See **CHAPLAINS** page 8



Makayla Vivio gets her face painted at the TSC and Learning Site command picnic July 19 at Nunn Beach. Photo by Matt Mogle

MARRIAGE

(Continued from page 1)

“We’re going through the same school but in two different classes,” explained Heidi.

Which is okay with them because at least now at the Training Support Center (TSC) Great Lakes they are able to live together in base housing. The couple is working their way through the self-paced Apprentice Technical Training curriculum. Once they have completed the course they will commence rate specific training at ET “A” School, where they will become familiarized with communications equipment used by ETs to detect enemy planes and ships, and determine target distance.

“We push each other to stay motivated,” said Joshua. Heidi said, “mainly he helps me because I don’t understand electronics as much...and Joshua has taken an electronics class before.” “But it’s a learning process for both of us,” added Joshua. Both Heidi and Joshua are expected to graduate November 29, but since the course is self-paced it could be earlier.

The couple attended the Sailors with Families program run by Command Master Chief CMDCM (SW/AW) Glenn Mallo when they first arrived at TSC, which aims to familiarize married Sailors with resources available to them. The couple is also applying for spousal co-location so that they can stay together in the same geographic region after training.

According to Mallo, even with the spousal co-location program married Sailors may still find themselves at separate commands and there’s always the issue of deployment. “It could happen that I’d go on deployment for six months than she would go for six months, so we wouldn’t see each other for a year,” said Joshua. The couple said they are ready to deal with whatever challenge comes their way. With plenty of practice already gained at RTC, Heidi said, “we’ll just keep writing letters.”

“Our biggest goal [right now] is to get through school,” said Joshua.

TSC, Learning Site staff gather for fun and games at command picnic

By EVA KOWALSKI
Training Support Center

Staff members at Training Support Center (TSC) Great Lakes and Learning Sites were able to break away from their work schedules July 19 for the annual family picnic, which had everything to offer from pony rides and a petting zoo for the kids to competitions, entertainment, and prizes.

The event, which was hosted by the Great Lakes Petty Officer Association (GLPOA), took place at Nunn Beach from midday to late afternoon with more than 400 people joining in the festivities.

“We came here last year, this is really great for the kids,” said ET1 (SW) Paul Vivio, while waiting for his daughter Makayla to get her face painted.

A large variety of games and activities were set up for all the Navy kids including the Adrenaline Rush - an inflatable obstacle course.

While Apprentice Technical Training instructor, ET1 (SW) Brendan Clark, was supervising his three-year old daughter Taylor on a pony ride, further up from the beach, five-year old Mae Sanford was busy winning the apple-bobbing contest.

Within a minute of dunking her head into a bucket of 30 floating apples she had one clenched between her teeth. “I had to pull it up the side with my mouth,” she explained.

But being the first prizewinner of the day was not the only exciting part. “I got to keep the apple and eat it too,” she said while posing beside her My Little Pony prize for a picture.

Oblivious to the scorching heat, eight young contestants with sand buckets and shovels in hand sculpted castles at the edge of the beach in the sand castle contest.

Coming in first place for their creativity were brothers Keithen Denkinger, 11, and Trey Miller, 8.

Using sticks and feathers, they created an original castle with a barricade set up near the grand entrance. “We used sticks to

create a trap door so when someone walks across they fall in,” said Keithen.

Eleven-year-old Mykhaela Rollins came in second place for her pyramid design castle.

Over at the dunk tank, BMCS (SW) Michael Thomas decided to have some childlike fun of his own. After being volunteered by his wife Susan as the dunking target. Thomas endured 30 minutes of dousing prior to the arrival of TSC commanding officer Capt. Glenn Brunner who took over as the dunking target.

After half an hour of dunking, executive officer Cmdr. Ann Burkhardt took over as the final target, managing to dodge more dunks than Brunner and getting off relatively unscathed in comparison.

For those just absorbing the atmosphere and enjoying the sun, there was no better accompaniment than good food.

The selection of barbeque was endless, with everything on the menu from ribs to chicken, brats, hotdogs and even roasted pig compliments of the United Services Organization (USO).

“This event is giving everyone the opportunity to relax and enjoy themselves in a social environment, free from the pressures of the office...it builds esprit de corps,” said Brunner still dripping from the dunk tank.

QM1 (SW) Jose Garciaruiz, family picnic coordinator and GLPOA member said, “This event has brought everyone together as one big Navy.”

“Everyone’s having a good time, it’s boosting morale, it gives everyone the opportunity to forget about work for one day.”

The Great Lakes Chief Petty Officer Association and all the learning sites including Seaman Apprentice Training Division, Center for Surface Combat Systems, and Center for Naval Engineering helped sponsor and organize the event.

In addition, the USO, MWR and NEX Commissary helped out.



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Rear Adm. Gary R. JonesCommander
Lt. Cmdr. Melissa SchuermannPublic Affairs Officer
Public Affairs StaffEditor

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Olmsted Scholarship Program applicants needed

PENSACOLA, Fla. — The Naval Education and Training Command (NETC) is now accepting applications from regular or Reserve commissioned line officers for the fiscal year 2007 Olmsted Scholarship Program.

Career-minded and highly qualified officers with at least three years of active duty service - but no more than 11 years as of April 1, 2006 - are eligible to apply for the program.

The Olmsted Scholarship Foundation, named in honor of Gen. George and Carol Olmsted, and the Department of Defense have jointly sponsored this scholarship program since 1959. Since its inception, the scholarship has focused on educational and charitable purposes.

Retired Rear Adm. Larry Marsh serves as President and Chief Executive Officer of the Olmsted Foundation and was an Olmsted Scholar from 1968-1970 in Munich, Germany. Marsh believes the success of the program is a direct result of the vision of the man for which the foundation and the scholarship program is named.

“Gen. Olmsted, our benefactor and founder, certainly had great vision when

he said that the world’s greatest leaders must be educated broadly,” Marsh said. “For the past 45 years, our programs have educated young officers in foreign languages and foreign cultures, which is becoming more and more important in today’s world.”

The scholarship program educates career military line officers that display extraordinary potential for becoming future military leaders. The program is open to all branches of the U.S. military. Selected officers serve as full-time students, in a two-year graduate internship at a foreign university.

Students normally study in a language other than English, and interact with the culture of their host country. The students are expected to live on the local economy, travel widely, and be affiliated with U.S. embassies or consulates for administrative purposes only.

With the selection of the 47th Olmsted Scholar Class on March 30, 2005, 418 scholars have completed, are completing, or are preparing for two years of study abroad. Their studies to date have been in 35 languages, in 153 different foreign

universities, spanning 50 countries worldwide.

Participation in the Olmsted Scholarship Program is voluntary. Nominated personnel are required to meet a list of qualifications and prerequisites, and complete and submit a command-endorsed nomination package no later than Sept. 16, 2005.

Nomination packages are forwarded to the Naval Education and Training Professional Development and Technology Center (NETPDTC) in Pensacola. In October, the applications are reviewed and a final, Navy-sponsored list of nominees is selected.

The Navy nominations are then submitted to the Olmsted Foundation Board of Directors, along with nomination packages from the other services.

During a comprehensive interview at the foundation’s expense at their Falls Church, Va. Office, foundation staff explore the candidate’s motivation to be a scholar, choice of foreign university, proposed course of study, language aptitude and career goals.

Taking all this data into account, the interview panel makes its recommenda-

tions to the Board of Directors for final decisions on the candidates at their meeting in late March 2006. Recipients can expect to begin language training in the fall of 2006 at the Defense Language Institute or a comparable course of instruction, with foreign university studies beginning in 2007.

Preferred courses of study include Social and Political Sciences, History and International Relations. Other non-technical or non-science choices made by the scholar may be authorized.

Historically, Olmsted Scholars have benefited from this opportunity and often continue to promote to senior leadership positions. As of 2004, 29 scholars have achieved the general officer and flag officer rank.

Earlier this year, Secretary of Defense Donald Rumsfeld announced the president’s selections for promotion to flag officer and one former Olmsted Scholars was among the list of nominees. Additionally, after completing the program, Olmsted Scholars have taken a significant step to becoming qualified for selection as Foreign Area Officers as described in DoD Directive 1315.17.



Cat Away!

Atlantic Ocean. An F-14B Tomcat, assigned to the “Swordsmen” of Fighter Squadron Three Two (VF-32), launches off the waist of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) for the last time during Carrier Air Wing Three’s (CVW-3) fly-off. The current underway-period marks the final time the F-14 Tomcat will take part in flight operations while embarked aboard Truman. VF-32 will shortly begin the process of transitioning to the newer F/A-18F Super Hornet. Truman is currently conducting carrier qualifications and operations off the East Coast.

Officer Scholarship Program seeks fleet applications

By ED BARKER

PENSACOLA, Fla. – Officers interested in graduate education take note: the Navy is now accepting applications for the 2006 Officer Scholarship Program.

Under the program, officers enroll in graduate school on a full-time basis, receive full pay and allowances, and are reimbursed for permanent change-of-station costs.

Tuition must be paid by a non-Navy funded scholarship obtained by the service member.

The scholarship must be equal to or greater than 50 percent of tuition costs, and Veteran’s Administration benefits, such as the Montgomery GI Bill, can be used in conjunction with the scholarship.

Officers must be available to start studies

before Sept. 30, 2006 and have 24 months or less to complete their coursework.

Candidates will be selected based on performance records, needs of the Navy, promotion potential, academic qualifications and field of study. Designator and subspecialty of individual applicants will determine areas of study available through the program.

“This can be an excellent way to pursue a graduate degree,” said Billie Colonna, Officer Special Education Programs Manager for the Naval Education Training Professional Development Technology Center. “Many of the top universities actually recruit scholars, and there are scholarships available for those who search.

We currently have program participants at M.I.T., Oxford, Johns Hopkins, Harvard, Princeton and Purdue, to name a few

schools.

Since selection to the scholarship program is contingent upon the officer’s ability to obtain a scholarship, all potential selectees should immediately begin pursuit of a scholarship.”

Lt. j.g. Janice Geldmacher, Officer Scholarship participant currently enrolled at Johns Hopkins University, is studying Civil Engineering with a focus on oceanography and hydrophysics.

“The program has been an exceptional experience,” said Geldmacher. “It has not only allowed me to complete my Master’s degree at the school of my choice, but it has also afforded me the opportunity to work with some of the most distinguished professors within the engineering community. It is, without question, a great program.”

Applicants must receive the endorse-

ment of their commanding officer.

Officers receiving command endorsement should forward application packages via their commanding officer to the Commanding Officer, Naval Education and Training Professional Development and Technology Center (NETPDTC), Code N2A2, 6490 Saufley Field Road, Pensacola, Fla. 32509-5204.

Deadline to apply for the Officer Scholarship Program is Sept. 1, 2005.

In addition to commanding officer approval and a completed application letter, application packages must contain college information and a detailee endorsement statement.

Specific guidelines, additional requirements and detailed program information can be found in NAVADMIN 133/05 and OPNAV Instruction 1520.24B.

Learning strategy leaders converge at NETC’s Conference

PENSACOLA, Fla. – The Naval Education and Training Command (NETC) is hosting a two-day Learning Strategies Conference in Washington, D.C., July 26 - 27, and learning strategy leaders from across the country are participating.

The conference schedule includes a full slate of events designed to examine linking learning to performance, development of learning expertise and exploring the science of learning. Topics will focus on areas that continue to revolutionize education and training in the worlds of academia, industry and the government.

“We will have keynote speakers, interac-

tive panel sessions and conduct breakout working sessions. The breakout sessions are mini-seminars in specific learning strategies areas and will allow participants to have one-on-one access to the subject matter expert,” said Phyllis Ferguson, head of NETC’s Research and Development, Innovation Investment Strategies team.

“Many noted leaders from industry, government and academia in the field of Learning Strategies will be joining us,” said Ferguson. “We feel our conference committee, composed of NETC Learning Strategies department personnel and members from a variety of industry and academe-

nia partners, is doing a great job in organizing the event.”

Guest speakers at the conference include: The Honorable Emily Stover DeRocco, Assistant Secretary for Employment and Training Administration, Department of Labor; Vice Adm. Kevin Moran, Commander Naval Education and Training Command and the Navy’s Chief Learning Officer; Elliott Masie, internationally recognized futurist, analyst, researcher and humorist on the critical topics of technology, business, learning and workplace productivity; author and consultant Dr. Judith Hale; author and lecturer Dr.

Ruth Colvin Clark, Dr. Richard Clark, professor of Educational Psychology and Technology in the Rossier School of Education at the University of Southern California.

The two-day event, which will be held at the Crystal Gateway Marriott in Crystal City, Va., will focus on providing collaborative opportunities and the sharing of innovative ideas and lessons learned. The conference is open to individuals from all government agencies, academia and industry who are interested in networking on a variety of learning strategies and learning technologies opportunities.

NAVSTA wins national holiday display award

By **JUDY R. LAZARUS**
Bulletin Associate Editor

Naval Station's Holiday Card Challenge, organized by the Morale, Welfare and Recreation Department, earned the command the Dorothy Mullen National Arts and Humanities Award from the National Recreation and Park Association (NRPA).

The award will be presented in San Antonio on Oct. 19 during NRPA's national conference.

There were 31 entries in the competition which included cities, parks and recreation departments. MWR's Holiday Card Challenge is an annual

program that has been offered since 1996.

NAVSTA's cards were on display on Ross Field throughout the holiday season.

"I want to commend our marketing department and everyone who put the exhibit together, as well as the commands which made the cards," said John Prue, head, Recreation Division.

"We submitted an application and a power point presentation," he noted. "Our card package was documented fully. We thought we had a unique category."



Capt. Kathryn Hobbs, commanding officer, Naval Station and Cmdr. Hank Roux, executive officer, Naval Station judge the holiday card display which earned the command an award from the National Recreation and Park Association. Photo courtesy of MWR Marketing Department

Navy civilians' competencies a key to knowing Navy's capabilities

From Navy Civilian Community Management

ARLINGTON, Va. (NNS) — The Office of Civilian Human Resources (OCHR) and Navy Civilian Community Management (CCM) are partnering to identify Navy civilian employees' competencies, with CCM collecting the data and performing the analysis needed to identify competencies for each of the 21 civilian communities within the Navy.

A key to understanding the Navy's capabilities is knowing what competencies civilians have, said Deputy Assistant Secretary of the Navy for Civilian Human Resources Patricia Adams.

Competencies are observable, measurable patterns of skills, knowledge, abilities, behaviors, and other characteristics that an individual needs to perform work roles or occupational functions successfully. An example of a competency is Data Analysis. Clustered in that competency would be the tasks, knowledge, tools, skills, and abilities an employee must use or possess to "own" that competency.

"Competencies, to me, are the building blocks for knowledge management within an organization," said Adams. "Competencies help us move away from merely being production-oriented to managing knowledge, to understanding our intellectual capacities."

CCM's corporate partner, SkillsNET Corporation, provides technical expertise to help the Navy collect data it needs to identify competencies by surveying the experts — the civilians who do the work. Navy civilians were asked about the tasks they do, and the knowledge, tools, resources, skills, and abilities they need to

do their jobs. SkillsNET also helps define how the competencies are developed.

CCM will use the competencies to construct 5 Vector Models (5VM), which will function as a career roadmap for Navy civilians.

"The models will provide civilians an understanding of the skills and capabilities that they need to demonstrate to be competitive for the next position. Additionally, the 5VM will provide a connection to a road map on how to acquire the necessary skills to move forward," said CCM Acting Director Liz Persell. "They'll know what professional and leadership experiences they need, what education and training, and what certifications and qualifications."

Adams said that she knew there was a lot of talent within the Navy civilian workforce, but it had never been defined across the Navy in any systematic way. Identifying civilian competencies is a "first" for the Navy.

"This is a great opportunity to provide a system of learning and development for our civilians," she said.

Competencies will be used by OCHR to help with recruiting to hire the person with the right experiences, skills and knowledge for a position. Identifying competencies will also aid the Navy as it segues into the National Security Personnel System.

"We'll be able to leverage competencies to organize the Navy's NSPS structure, as well as define career development," said Adams. "We'll be able to link this information to the NSPS pay bands."

Pay bands encompass career groups that combine occupations and positions that are similar in terms of type of work, mission, career paths, and competencies.

Your intuition and respect for a shipmate's wellness does matter

CMDR. MIKE COLSTON, MD
LT. H. L. AUSMUS
Naval Hospital Public Affairs

Your intuition and respect for a fellow shipmate's wellness does matter. Your acknowledgement, leadership and stewardship of that Sailor could be the first vital step in saving that life.

Each year, in the United States, suicide claims nearly 30,000 lives. An average of one person every 18 minutes dies by their own hand. As the eleventh leading cause of death in the United States, suicide claims even more lives than homicide.

The Great Lakes Suicide Prevention, Awareness Program and related annual training are vital to our Great Lakes' wellness. This program encourages serious, compassionate, and value-neutral responses to suicidal concerns. Each member of the Great Lakes Command has a crucial role to play in recognizing early warning signs and preventing the tragic loss of life among our ranks. A few risk factors for suicide are readily observable and include gender, age, and marital status.

Although suicidal attempts are more common in females, suicidal successes are more common among males. Females attempt suicide three times more often than males. Suicide rates among older Americans have exceeded those for younger age groups for many decades. It is

important to note that there has also been a marked rate increase among those from the older adolescent to middle age groups (35-40 years old). Those who are married are less likely to complete suicide.

It is imperative that all Great Lakes employees and family members consider referring any shipmate or civilian team member, regardless of rank, grade, or position within the organization, to mental health services upon observation of suicidal behaviors discussed in annual training.

Additional factors to consider include depressed mood, previous suicidal attempts or expressions of self-harm, loss of rational

thinking (from psychotic disorders or otherwise), loss of basic life needs (shelter, food, etc), an organized plan or clear intent (giving away possessions, notes, etc.), sickness, a family history of suicide, anxiety (especially post-traumatic).

Also unpredictable mood changes (from bipolar disorder or a personality disorder), and impulsivity. Interestingly, recent data suggest that a history of impulsive behavior increases attempts, but may decrease completions.

Your intuition and respect for a shipmate's wellness does matter! When faced with a potential suicide, it is always best to address the matter forthrightly, and to seek out professional help early.

Tell someone.

Each member of the Great Lakes command has a crucial role to play in recognizing early warning signs and preventing the tragic loss of life among our ranks.



'Thumbs up'

A squadron final checker assigned to the "Swordsmen" of Fighter Squadron Three Two (VF-32), holds his position while giving a "thumbs up" signal as one of the last F-14B Tomcats launches from the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). The current underway-period marks the final time the F-14 Tomcat will take part in flight operations while embarked aboard Truman. VF-32 will shortly begin the process of transitioning to the newer F/A-18F Super Hornet. Truman is currently conducting carrier operations off the East Coast. U.S. Navy photo by PH3 Kristopher Wilson

Navy's 'Virtual SYSCOM' transforming business processes

From Virtual SYSCOM Public Affairs Team

WASHINGTON (NNS) — Moving smartly ahead to achieve the Chief of Naval Operations' (CNO) objectives of Sea Enterprise, the Navy's Systems Commands have recently issued joint guidance that provides a collaborative business framework for improving interoperability and providing enhanced support to the fleet.

As partners in the "Virtual SYSCOM," the Naval Air Systems Command (NAVAIR), Naval Sea Systems Command (NAVSEA), Space and Naval Warfare Systems Command (SPAWAR), Naval Supply Systems Command (NAVSUP) and most recently, Naval Facilities Engineering

Command (NAVFAC), have set specific challenges and goals for that support CNO's aim of "working smarter" by transforming business processes and enhancing the delivery of products and services at reduced costs.

"We can no longer do business as we have in the past," said Vice Adm. Walter Massenburg, commander, NAVAIR. "Sea Enterprise is not about improving the old ways of doing business, but developing new ways of doing business. We must change if we are to afford our future and be able to build the Navy of the 21st century."

Among its significant goals, the Virtual SYSCOM is focused on continuing efforts to increase productivity and accelerate the

process of innovation across the Navy SYSCOMs through the application of proven productivity tools such as Lean, Theory of Constraints and Six Sigma, and to employ opportunities for cross-SYSCOM efficiencies such as best practices, centers of excellence, shared service models and leveraging core competencies. Another important goal of the Virtual SYSCOM is the implementation of human capital strategies to structure and shape a workforce that is responsive to the demands of the Navy and Marine Corps warfighter.

Since the Virtual SYSCOM was initially adopted in 2002, a number of major accomplishments have been achieved in a short

period, including developing the Navy SYSCOM naval systems engineering guide; achieving a 53 percent reduction in the legacy IT application portfolio; and establishing a Human Systems Performance Assessment Center to deliver optimal manning and enhanced Sailor and warfighting performance.

"The Virtual Systems Command continues to support Navy's Sea Power 21 objectives through collaboration in the functional communities to reduce the cost of doing business and improve the effectiveness of the SYSCOMs," said Massenburg. "This collaboration supports the CNO's vision for the Navy to do its work smarter and continue to develop a culture of improved productivity."

New test to better assess language proficiency within DoD

By DONNA MILES
American Forces Press Service

WASHINGTON (NNS) — A new language test scheduled to roll out beginning in October will better measure language professionals' fluency in real-world situations, the Defense Department's senior language official said July 13.

The new test is the fifth generation of the Defense Language Proficiency Test, a battery of tests used to assess native English speakers' reading and listening skills in a wide range of foreign languages, Gail H. McGinn, deputy undersecretary of defense for plans, said during a joint interview with the Pentagon Channel and the American Forces Press Service.

The so-called "DLPT 5" test will be more challenging than previous language tests, McGinn said, with longer passages and, in some cases, more than one question for each passage.

The test will be computer-based, making it more secure and efficient to administer.

And unlike past tests that McGinn described as "scripted," the new test will rely more on actual newspapers, magazine articles and radio broadcasts.

"We want a test that measures as accurately as possible one's ability to operate in the real world," McGinn said.

Toward that end, the new language proficiency test will better measure each tester's skills in selected languages, at levels ranging from a low of zero-plus to a high of four on the Interagency Language Roundtable scale.

Five is the highest level on the scale.

The new test will become "the benchmark" for DoD to assess who in the force has language skills and how proficient they are. By better measuring language skills, the new test will enable DoD to identify and reward those with the highest proficiency levels, McGinn said.

Test scores are part of the formula for determining language proficiency pay for language professionals and service members with specific language skills.

Congress recently authorized increasing the cap on language proficiency pay from \$300 to \$1,000, but McGinn stressed that not all language professionals will receive the full amount.

The new test and higher language proficiency pay are keys to the Defense Language Transformation Roadmap, a major initiative to develop foreign language and cultural expertise among its military and civilian members.

The initiative aims to increase language and cultural expertise within the ranks and to establish a cadre of language specialists with advanced proficiency levels.

The world situation demands that the Defense Department maintains solid language and cultural capabilities so it is prepared to carry out its missions around the world - from humanitarian and reconstruction efforts to combat operations, McGinn said.

"We are building alliances, we are engaged in operations in the Middle East, we are engaged in the war on terror, [and]

we need to understand and interact with the people around us," she said.

The roll-out schedule for the new test begins in October for Albanian, Persian-Dari, Hindi, Pashto, Norwegian and Urdu.

The DLPT-5 tests for Russian and Iraqi are slated to debut in December, and early 2006 rollouts are planned for Chinese Mandarin, Spanish and Korean.

New tests are also under development for a variety of other languages, including Egyptian, Levantine, Modern Standard Arabic, Persian-Farsi, Greek, Kurdish-Sorani, Turkish, Serbian-Croatian and Japanese. Ultimately, the DLPT-5 could cover as many as 31 languages.

McGinn urged test takers to begin their homework now using authentic materials available on the Internet and in other sources, and encouraged supervisors to reinforce the need to prepare.

The Defense Language Institute has developed an Internet site and Global Language Support System with materials and exercises to help test takers prepare for the test.

Honormen, RCPOs at the Recruit Graduation Review



**SR Jeremy Smithers, Div. 213
Hydetown, Penn.
The National Society of the
Sons of the American
Revolution Academic Excellence
Award**



**SR Cherrielyn Yabut, Div. 935
Waukegan, Ill.
The Military Order of the World
Wars Award of Merit**

Recruit Review Graduation July, 22 2005
Divisions 213 – 218 & 935
The Following Honor Recruits for this week's Recruit Review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association:
SR Albert Finch, Division 213, Easton, Md.
SR Bradley Yoder, Division 214, Redding, Calif.
SR Joshua Peterson, Division 215, Twin Falls, Idaho
SR Cicely Daugherty, Division 216, Winchester, Ky.
SR Johnathan Bruington, Division 217, Bowling Green, Ky.
SR Rudolph Ross, Division 218, Fairfield, Calif.
SR Matthew Mountcastle, Division 935,



Massapeqa, N.Y.

The Recruit Chief Petty Officers for this week's Recruit Review graduation are as follows:

SR Nicholas Decoteau, Division 213, Washington, D.C.
SR Sammie Fowler, Division 214, Fort Pierce, Fla.
SR Sharon Juarez, Division 215, Vannuys, Calif.
SR Christopher Browne, Division 216, Mannassas, Va.
SR Alonso Raul, Division 217, San Antonio, Texas
SR Mark Ritterbeck, Division 218, Daytona Beach, Fla.
SR Richard Alvarez, Division 935, Victorville, Calif.

The following individuals are Award Recipients for this week they are as follows:



**SR Louie Decena, Div. 214,
Seneca, S.C.
United Services Organization
Shipmate Award**



**SR Christopher Browne, Div. 216
Arlington, Va.
Military Officers Association of
America Award Leadership
Award**



**SR Seth Nickel, Div. 217
Glenwood Springs, Colo.
Navy League Award**



**SR Noemi Chavez, Div. 216
Houston, Texas
Navy Club of the United States
Military Excellence Award**

◀●●●●●▶

Viewpoint

Readers Speak Out

This week the Bulletin asks its readers, “Who is your favorite Superhero and why?”



“Superman because he has everything - all the power he will ever need plus all the good qualities of any Superhero.”
GSE2 (SW) Khriesky Concepcion



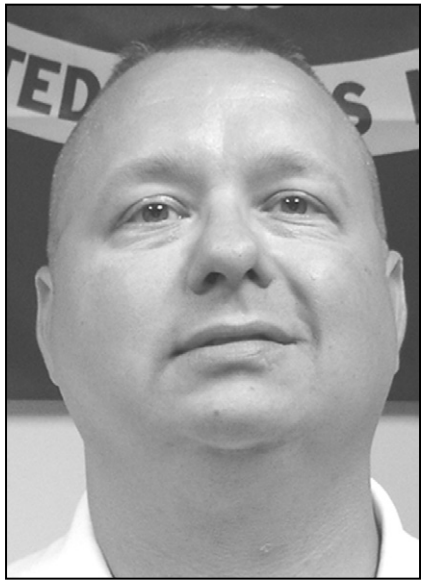
“Betty Boop. She is not a superhero, but she was the first really cute female character and would have been a great superhero.”
PNSA Latoya R. Vassell



“Soldiers, Sailors, and Marines overseas because I just came back and understand what they experience physically and emotionally.”
ICC (SW) Cameron Merrow



“Batman because he has a bunch of cool gadgets plus he is a regular guy when not a superhero.”
HNSM Andrew Hong



“My father because his special powers were honesty, responsibility, and integrity. If I could live up to his standards, I will be a happy guy”
ET2 Chris Thomas



“Batman because I like his outfit and his scary voice.”
YNSN Tayla Anderson

WHAT happened WHEN


A look back at historic Great Lakes

40 years ago
Direct dialing available
Sunday, Great Lakes will receive a modern type of telephone switching equipment called Centrex. The new system is designed to increase the efficiency of the base's telephones. In Centrex, certain parts of the present telephone system will be used; however there will be many new features. The Centrex system will have direct dialing to the various offices on the base from outside telephones.

30 years ago
Medical reserves on cruise
Naval Regional Medical Center Reserve Unit 3413, which is the first of the restructured reserve groups to come on a 12-day active duty cruise, recently spent their active duty time at the Regional Medical Center. They worked in such areas as, Military Personnel Service, Emergency Room Pharmacy, X-Ray, Infectious Disease Ward, Laboratory, Cast Room, Occupational Therapy, Surgery, and OB-GYN Clinic. Cmdr. T. Schafer, MC, USNR is the commanding officer.

20 years ago
USN-TV has new format
USN-TV proudly announces that its Channel 19 Tuesday evening live program, “Contact” is expanding to include an in-studio audience. Starting Aug. 6, “Contact” will not only offer the opportunity to phone in questions to its guests but also to ask questions face-to-face. “Contact” features guests from service-oriented organizations who will be available to answer questions from the in-studio audience.

10 years ago
Migration School begins
Monday, July 17, was a day of historic significance at the Naval Training Center Great Lakes. The indoctrination for the first Great Lakes migration school took place, beginning with a ceremony held at the GLNTC's Gunnery School. Capt. Gregory Maxwell, commanding officer of Service School Command, officiated at the ceremony. Later he welcomed each new student individually. Classes officially began on Tuesday, July 18.



How to reach us

Phone Numbers:

Office: (847) 688-4808
Fax: (847) 688-4945

Judy Lazarusjlazarusglakes@yahoo.com
Paul Engstrom.....paul_bulletin@yahoo.com

Buildings on Base

Twice a month the Great Lakes Bulletin will offer a glimpse of various building throughout the base.

Can you tell where this photo was taken?



Hull Technician School

Information, Tickets & Travel

Building 400, 688-3537

Office hours

ITT's hours of operation will be Monday-Friday 10 a.m.-5 p.m. and Saturday 10 a.m.-noon. They are closed on Sunday and all federal holidays.

Weekend getaway

Extended Stay Hotels is offering special military rates of \$44.99 per night (double occupancy) for Extended Stay America - Vernon Hills, Homestead Studio Suites - Vernon Hills, and Crossland - Waukegan for Friday, Saturday, or Sunday nights. Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours daily. Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf courses, and movie theatres. Special military rates are also available for longer term stays over seven nights. Stop by the ITT Office for additional information or visit www.ExtendedStayHotels.com.

To make advanced reservations call ESA Vernon Hills (847-821-7101), Homestead Studio Suites Vernon Hills, (847-955-1111), or Crossland Waukegan (847-688-0402).

Chicago City Pass

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory.

The cost is \$49 per adult (value: \$72.50) and \$38 per child ages 3-11 (value: \$51).

Go to the head of the line

The new Hancock Observatory takes you to the top and one step beyond. The new Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago. Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck.

Best of all, experience Chicago's finest views, spanning 80 miles, four states, and 360 degrees. ITT's Hancock Observatory Admission Fees are \$7.50-adult, and \$5.50-child.

Metra tickets

ITT has METRA commuter train tickets on sale. The cost is \$4.50 for a round trip ticket, or \$2.25 for a one-way ticket from North Chicago to downtown Chicago, a savings of over 50 percent off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a one-hour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer. These METRA tickets are available to active duty military, only.

The Holiday Inn Hotel and Suites - Downtown

Chicago

The Holiday Inn Hotel and Suites - Downtown Chicago is now serving Great Lakes with special military rates available from \$99/night! Enjoy the spacious comfort of either a King or two double beds in Downtown Chicago at the Holiday Inn Hotel & Suites conveniently located on Harrison St. at Canal St. Dine at Aurelio's Pizza and Lounge, relax during the summer months at the outdoor rooftop pool and deck, work out in our fitness room, and take advantage of our Free Wireless High Speed Internet Access. Located just off I-290 and minutes away from Sears Tower, Greek Town, Little Italy, Grant Park, the Museum Campus, and the Lakefront. METRA's Ogilvie Transportation Center and Union Station are only steps away while the Clinton "L" stop of the CTA Blue Line is located at the base of the hotel. The \$99 Navy rate is subject to availability and is higher during special events. Stop by the ITT Office for additional hotel information or visit www.hidowntown.com. For advance reservations call 312- 957-9100 and ask for the Navy rate.

ComedySportz

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz (Chicago), improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

Spirit of Chicago harbor cruises

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago.

Terrific air travel rates

Exclusive air travel rates into and out of O'Hare, Midway and Milwaukee airports may be arranged by ITT's new advertising partner, Travel Management/American Express, a local travel business — providing travel assistance throughout the year for everything from emergency trips home to off-duty vacations and dependant travel. Military discounts are available on a number of travel services. The local phone number is 847- 234-5877.

Operation freedom

Join Milwaukee County Executive, Scott Walker, in thanking our United States Armed Forces and veterans for a job well done at home and abroad on July 3 at the Milwaukee County Zoo (10001 West Bluemound Road in Milw. Wis.). Doors open at 9 a.m. All Armed Forces (Army, Navy, Marines, Air Force, Coast Guard, Reserves and National Guard personnel and veterans) are invited to bring their families to enjoy the day at the Milwaukee County Zoo at no cost. Wristbands will be required for free entrance to the zoo, and may be picked up at the ITT Office.

Aquatic programs

Watch for information on summer aquatic programs, the Lake Bluff

Outdoor Pool and Nunn Beach.

Register for the following Aquatic Programs at the front desk of the Field-house (Bldg 440). All programs are run out of the Indoor Pool (Bldg. 440).

Bristol Renaissance Faire

The Bristol Renaissance Faire is a magical, theatrical re-creation of a 16th century English village, celebrating the food, games, crafts, music and sport of the Elizabethan age. Hundreds of costumed performers offer continuous entertainment on 16 open-air stages and in the shaded village streets. This merry stroll through history is unparalleled fun for the whole family. The Faire runs on Saturdays and Sundays throughout the summer in Bristol, Wis. through Sept.. 5 (Labor Day-Monday), 10 a.m.-7 p.m. ITT ticket costs are as follows: 16.75 for adults and 8.50 for children.

Calling All Baseball Fans...

See the Chicago Cubs at Historic Wrigley Field!

For August Home Games...

All lottery winners' names will be posted at the ITT Office. Lottery winners will have until Sat., July 23 to select and purchase their tickets on a first-come-first-served basis. All remaining tickets for August games will go on sale to eligible customers on Mon., July 25. Cubs' tickets are \$40 for regular games and \$47 for prime games. Tickets are only sold in pairs (only two tickets per person per month). (see August schedule-below). Stop by or call the ITT Office for complete details on the lottery process. The Cubs Schedule is as follows: 8/8, (Cinn.), 7:05 p.m.; 8/13, (StL), 12:20 p.m.; 8/14, (STL), TBD; 8/22, (Atl.), 7:05 p.m.; 8/23, (Atl.), 7:05 p.m. 8/27, (Fla.), 3:05 p.m.; 8/28, (Fla.), 1:20 p.m.; 8/29, (LA), 7:05 p.m. and 8/30, (LA), 7:05 p.m.

Note: Due to ITT's own (Cubs tickets) inventory, customers who purchase Cubs tickets through other sources are not eligible for the Entertainment Rebate Program.

Shades of Green - Walt Disney Resort

You may now book reservations for Shades of Green Resort, located within the Walt Disney property (Orlando, FL), at the ITT Office in Bldg. 400. Shades of Green Resort is an Armed Forces Recreation Center. It is a true resort destination, offering the perfect mix of accommodations and hospitality. This resort is designed to provide R&R for our nation's service members and their families, retirees, DoD civilians and family members, and certain eligible persons. Please call the ITT Office for further information/reservations at 688-3537.

Notice

The purchase or rental of goods and services from MWR activities on behalf of, or for resale to, unauthorized MWR patrons, groups or organizations is prohibited. Paragraph 602a of BUPERSINST 1710.11C.

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone.

Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., July 22
6 p.m.



LORDS OF DOGTOWN

PG 13~For drug and alcohol content, sexuality, violence, language and reckless behavior - all involving teens. (105 Min.)

Fri., July 22
8:30 p.m.



Cinderella Man

PG 13~For intense boxing violence and some language. (80 Min.)

Sat., July 23
6 p.m.



The Honeymooners

PG 13~For some innuendo and rude humor. (85 Min.)

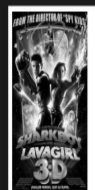
Sat., July 23
8:30 p.m.



Mr. & Mrs. Smith

PG 13~For sequences of violence, intense action, sexual content and brief strong language. (115 Min.)

Sun., July 24
3:30 p.m.



THE ADVENTURES OF SHARKBOY AND LAVAGIRL

PG~For mild action and some rude humor.

The movie schedule is subject to change without notice.

For up-to-date information, call the MWR Scoop Line at 688-2110, ext. 697, 24 hours-a-day or check the web site at

www.mwrgl.com



Places to dine • Places to go

Port O'Call (POC) Banquet and Conference Center Bldg. 140, 688-6946

The Port O'Call Banquet and Conference Center offers a panoramic view of Lake Michigan. It is the perfect place for any community, civic, athletic or social banquet for groups of 15 to 250. The banquet menu features hot and cold hors d'oeuvres and meal selections for sit-

down dinners, buffets and receptions. There are several value-priced packages for wedding receptions. Additionally, for meetings/seminars, the Port O'Call can accommodate guests with AV requirements, along with any type of food requests.





Bible school activities

Youngsters create prayer bead necklaces at Vacation Bible School held this week at Forrestal Village Chapel, from 8:30 a.m. to 12:30 p.m. The theme of the school, open to children from kindergarten to sixth grade, is “Serengeti Trek: Where Kids are Wild About God.” The program provides Bible-learning activities including crafts, songs, and games. *Photo by Judy R Lazarus*

Worship today in the faith of your choice

CHAPLAINS

(Continued from page 2)

“They have an in-brief with me [the coordinator] the first day they arrive. I give them a log book where they keep a journal of their experiences. If they have problems they can see me, and we check on them while they’re here. At the end, we write them a fitness report and evaluate them on behalf of the chief of staff.”

Candidates get their rank once they come into the program, with a reserve status until such time as they become an active duty chaplain.

When someone applies for active duty they must have prerequisite time in a civilian parish or ministry before they are accepted into the Navy. Some may get that experience while they are in the seminary,

which is a three- or four-year program.

Candidates must have an approved graduate degree - a Master of Divinity or Master of Theology - before they have active duty status. “And they must go through a portion of the Chaplain School where they learn the ‘text book’ part of the Navy,” Scott said.

“It’s a great program” he noted.

Chaplain Candidate Matthew Pickering came to Great Lakes on July 5 and will remain until Aug. 2. He requested Great Lakes for his on-the-job training.

“For the last two weeks I’ve been at the RTC Chapel,” he noted. “It gives you a great feeling of what it’s like to be a chaplain. It prepares me. I can see what to

NAVSTA/NSTC picnic planned

A Fun in the Sun Picnic is planned for all Naval Station and Naval Service Training Command military and civilian personnel on Aug. 5 from 11 a.m. to 5 p.m. at the MWR Beach House.

The event will be free for military members, with a \$3 charge per family for civilians, including one giveaway ticket for a drawing. A \$1 charge will be made for each

additional giveaway ticket. Tickets area available through command MWR representatives.

Food and drinks will be available and activities will include a bounce house, tug-a-war, dunk tank, and children’s games.

For further information, call MAC(SW) Ricardo Cerna, community outreach coordinator at 688-2760.

expect.” He has also been helping out at Sunday services.

“I tell recruits to look for me if they have concerns,” Pickering said. “And to let me know when they’re doing well also. Being in this environment helps me see the approaches of chaplains from different faiths.”

Pickering is scheduled to serve at Naval Hospital next and then at Hospital Corps School.

The candidate, who has one year left at Lubbock Christian University, received his bachelor’s degree at the University of Nebraska and his master’s in athletic administration at Oklahoma State University. He is working full time at Texas Tech University while attending the seminary.

After graduation, he will do a one-year residency in a hospital. “This Clinical Pastoral Education is part of my endorsement and is still part of my training,” he explained.

Ministry is a calling, Pickering said. “And the Chaplain Corps is a special calling on top of that. I was a youth minister in college,” he added. “It’s part of my background. It’s something that’s always been there in my mind.”

Pickering said he could be assigned to a ship, on shore, or with the Marines.

“It’s all where God wants to put you,” he said. “I will be put where I can use my best abilities. I will be in the right place.”

Command Religious Program Schedule

Catholic

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., 10:30 a.m. Sunday MassNaval Hospital All Faiths Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:15-11:30 a.m. CCDBldg. 122
Sun, 10:15 a.m. Adult EducationBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel
Sun., 10:30 a.m. Protestant WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Full Gospel Service (Pentecostal)

Sun., 10:15 a.m. Sunday School adult & childrenBluejacket Memorial Chapel
Sun., 11:45 a.m. Morning WorshipBluejacket Memorial Chapel

Wed., 7 p.m. Bible Study, adult & childrenBluejacket Memorial Chapel
Mon., 7 p.m. First Monday of month Bible Study/Fellowship, Men & WomensBluejacket Memorial Chapel
Fri., 7 p.m. First Friday of month Youth Victory Service ...Bluejacket Memorial Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

SportScene

Great Lakes Fitness Center can help you get in shape

**Great Lakes Fitness Center
Bldg. 2A, 688-5649**

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center. Special features of the Center include a “Weight Room” area that boasts over 75 weight machines, 4,500 pounds of weight plates, as well as Body Master plate-load equipment. The “Cardio Room” includes Treadmills, Crosstrainers (Ellipticals), Lifecycles, Stepmills and more - complimented by personal screen televisions for viewing pleasure while working out. An Aerobics and Spin Studio offer various group exercise classes. Massage Therapy is available during the week and appointments can be made at the Front Desk. Plus, saunas, and locker and towel services are available. The Naval Hospital Health Promotion Office is also located in the Great Lakes Fitness Center.

New Massage Therapist ...
Sports Massage, Swedish Massage, Therapeutic Massage and “New” Hot/Cold Stone Massage!
Make an appointment with our Massage Therapist today! Stop in for a 5-minute

“Chair Massage- Tune-Up” on Monday and Wednesday, 3-6 p.m. and Friday, 11 a.m.-1 p.m. (when Therapist is available). Call the Great Lakes Fitness Center at 688-5649 for days/times.

Aerobics Classes
Aerobics fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice. All classes take place in the Aerobics/Spin Studio at the Great Lakes Fitness Center. The schedule is as follows: Step:
Tues. and Thurs.; 11:40 a.m.-12:30 p.m. – Spin:* Mon., Wed. and Fri.; 11:45 a.m.-12:30 p.m.; and Mon. and Wed.; 4:30-5:15 p.m. - Power Hour: Tues.-Thurs.; 5-6 p.m. and Hatha Yoga: Tues. and Thurs.; 6-7 p.m. New! Sunrise Yoga Class on the BEACH! Experience the serenity of this beachfront yoga class, which meets every Wednesday for eight weeks through August 24, 6 -7:15 a.m. The cost is \$15. Participants are asked to bring a large beach towel. Pre-registration is required for this class at the Great Lakes Fitness Center (Bldg 2A, second floor). For more information, call 688-2171.

Wall hosts climbers competitions

The Wall
Climbing Wall, Bldg. 4, 688-7769
The Wall is a 32 ft. climbing structure for both beginner and advanced climbers. The Wall has four auto-belays. For children, the minimum weight is 25 lbs. The Wall also provides children’s shoes and harnesses. Those interested in “roped” climbing may go through an orientation class (\$10 fee), which includes instruction on belaying, harnesses, safety and tying figure-8 knots (two complimentary day passes are included).
This class is only mandatory for those who want to climb the roped routes, or want to attend the advanced

classes. Orientation Classes are held by appointment, only. Please call 688-7769 to set up an appointment. The summer hours are as follows: *Mon.-Fri.: 4-8 p.m. and Sat: 11 a.m.-2 p.m. (holiday hours will be posted). The Wall will close at 6 p.m. on WEDNESDAYS when Orientation Classes are scheduled. (Orientation Class: 6-8 p.m. by appointment, only).
New Climbers Competition...
New climbers are invited to test their skills against other new climbers by participating in this fun competition. The fastest times of the week receive a complimentary day pass. There are two timers available to record races.

Sailors invited to participate in Navy MWR program assessment

Navy Morale, Welfare and Recreation (MWR) is providing an opportunity for Sailors, family members and military retirees to help shape the future of the Fitness, Liberty and Child and Youth programs by participating in the 2005 MWR Customer Satisfaction Assessment.
MWR developed the assessments in consultation with Claus Fornell International, an independent research firm.
The assessment results will provide Navy leadership with information that will be used to address issues, identify concerns and improve Navy quality of life.
This is an outstanding opportunity for our customers to make a difference in Navywide quality of life programs,” said John B. Baker, community support pro-

grams director, Commander, Navy Installations (CNI) Command.
The 15-minute assessments will be administered at the Great Lakes Naval Base from 07 July 2005 to 31 July 2005 at the following MWR facilities.
The Fitness assessment will be conducted at The Great Lakes Fitness Center, Bldg 2A.
The Liberty assessment will be conducted at The Loft, Bldg 2A.
The Child & Youth assessment will be conducted at the Child Development Center, Bldg 2700 and The Youth & Family Activities Center, Bldg 2600.
As an incentive, participants will have an opportunity to win prizes.” For more information, contact Tiffany Johnson at (847) 688-6266.

PLAY BALL with MWR and Win!

The MWR Department and Miller Lite* have teamed up for a great summer promotion - PLAY BALL, a fun interactive baseball game for fabulous prizes! Anyone can play! Just go to WWW.MWRGL.COM and everyone will win including valuable coupons to various MWR facilities and/or programs. In addition, players may register to win tickets to Major League Baseball Games including the Chicago White Sox, Cubs and Milwaukee

Brewers. Best of all, the top prize is tickets to a Luxury Suite/Skybox at Miller Park in Milwaukee to see the Brewers or the US Cellular Park in Chicago to see the White Sox (some restrictions apply). Players will receive additional chances to “win” by visiting Duffer’s Den, Pier 525, Pub 140 and/or Rynish Bowling Center! Watch for specials on Miller Lite at each facility! Join the fun this summer and PLAY BALL!

Sniper’s Alley open at the Fieldhouse, Bldg. 440

Sniper’s Alley has re-opened. Naval Station’s own outdoor paintball arena, Sniper’s Alley, is for those customers looking for an exciting paintball experience at an affordable price. For only \$12, customers may rent gear for the day (mask/marker) and unlimited air-fills, along with 100 paintballs. Additional paintballs are available for purchase.
Sniper’s Alley is located right behind Bldg. 440 (Fieldhouse) for easy access. Check out Sniper’s new inflatable bunker system and watch for regular tournaments.
The hours of operation are as follows: Fri., 4-10 p.m.; Sat.. noon- 10 p.m. and Sun. 12-8 p.m. Sniper’s is subject to close early due to inclement weather or lack of business. The prices are as follows: \$12 starter package (equipment and 100 paintballs); 200 paintballs, \$14; 500 paintballs, \$25; 1,000 paintballs, \$45 and a case of 2,000 paintballs, \$80
For those who have their own equipment, the admission fee is \$10. which includes unlimited air re-fills.
For more information, call 688-2230 directly, or weekdays at the Loft at 6882214.
The Hapkido Club (self defense)

Specializes in personal protection classes for everyone that incorporates several different martial arts systems and styles. These free classes will be held in Bldg. 81-H (second floor) on Tuesday from 5-6 p.m., Thursday from 5-7 p.m. and Saturday from 9:30-11 a.m. Sign up at the Fieldhouse, Bldg. 440.
Fitness and sports
Courts Plus-Bldg. 4; 688-6750, Gym 80-H; 688-7692, Fieldhouse-Bldg. 440; 688-3419, Great Lakes Fitness Center-Bldg. 2A; 688-5649.
All event/league registrations and managerial meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.
Captains Cup 5K Runs
Runs begin at Bldg. 4. For more information, call 688-3419.
The next run is set for Thurs., Aug. 4, “National Mustard 5K Run,” 5 p.m.

Get Ready for the Willow Glen August Championship

Willow Glen Golf Club
Bldg. 3312 (Golf Course and Pro Shop), 688-4593
Golf Willow Glen...Offering a challenge to all skill levels...
The Willow Glen Golf Club is Naval Station Great Lakes’ 18-hole championship golf course. Recently renovated, the layout offers a challenge to all skill levels. Reservations are recommended for weekend play while weekdays are on a first-come, first-serve basis. The course opens weekdays at 6:30 a.m. and weekends at 6 a.m. Players can “tune-up” on their techniques at the remodeled driving range, complete with an “all grass” teeing area. Target greens were added to enhance the practice experience.
Willow Glen Club Championship
The 2005 Willow Glen Club Championship will be held on Saturday and Sunday, August 13 and 14. The Championship is 36-holes of stroke play competition. All players will be flighted based on handicap. Tee times will start at 7 a.m. Entry Fees are \$25 for season pass holders, \$67 for Military, \$77 for DOD/Vets and \$89 for Guests. Entries are due by Friday, August 5. All players must

have a current USGA handicap index. Prizes will be awarded based on net scores. Following play on Sunday will be an awards ceremony with lunch provided. Don’t miss the Willow Glen Club Championship this August!
Summer Golf Special
The summer is starting to wind down – and it is time to get in those rounds you’ve missed. Bring a friend or two for company! Better yet, get the kids out before school starts up. Special rates are being offered for weekend play after 1 p.m. Play 18-holes with a riding cart for only \$23. (DOD/Vets & Guests slightly higher).
Looking for some new golfing gear or apparel? A visit to the Willow Glen Pro Shop may be the answer. Browse the “latest” from Callaway, Ping, Titlist and many others. If you don’t see want you are looking for, special orders may be taken.
Stop by Duffer’s Den, the restaurant/lounge at the Club, for a refreshing drink or tasty sandwich before or after your next round of golf. The Den is open for lunch on the weekdays from 11 a.m.-2 p.m. The lounge remains open after lunch until 9 p.m. On weekends, the lounge is open from 9 a.m.-9 p.m.

MWR’s newest paintball partner

This Summer - take advantage of the “\$5 Navy Fridays Special” at the Factory Paintball Arena!
The Factory Paintball Arena is located in a unique and historic 50,000 square foot factory - now turned into one of the hottest new indoor paintball facilities in the area with three separate playing fields! Check out the extreme action located on 2400 Commonwealth, in North Chicago - just across the street from the Naval Station. The Factory Paintball Arena has great discounts specifically for armed forces personnel, and all eligible MWR customers. Don’t miss the “\$5

Navy Fridays Special”, which includes admission and rental equipment; plus, discounts on paint (offer good for all base personnel). As well, check out their special “group discounts” for base personnel. The hours of operation are as follows: Monday and Tuesday: Closed (available for private groups); Wednesday: 4-10 p.m.; Thursday: 4-10 p.m.; Friday: 4 p.m.-Midnight; Saturday: 10 a.m.-Midnight and Sunday: 12-8 p.m.
For more information, contact the ITT Office at 688-3537, go to www.factorypb.com, or call the Factory Paintball Arena directly at (847) 473-2400.

TSC command fitness leader finds trail race competition is exciting, invigorating

By **EVA KOWALSKI**
Training Support Center

ET1 (SW) Catherine Munson, a Command Fitness Leader at Training Support Center (TSC) Great Lakes, doesn't just talk fitness — she practices fitness.

Always on the lookout for creative ways to release adrenalin and stimulate the heart rate, Munson's latest sporting endeavor has become trail racing.

From the 10K and 25K in Michigan's Keweenaw Peninsula, part of the Keweenaw Trail Running Festival, to the Wes's Wicked 5K in Valparaiso, Indiana, there is not a trail race that Munson is not prepared to set out upon.

"I've really been getting into trail races, I think it's more exciting and invigorating because it's out in the woods...(and) there's not much pavement," explained Munson.

With trail terrain any combination of nature's elements can be expected along the way - grass, rocks, roots, loose sand, leaves, branches, fallen trees, mud, and any other obstacle or condition nature sees fit.

In the Wes's Wicked 5K July 16, Munson ran amongst 216 people in Indiana's Pines Ski area, looping and circling around ski slopes, in and out of woods, avoiding rocks and roots along the way.

"Going down (the hills) was hard because you get your momentum going and then you have to watch for little holes and rocks," said Munson.

During the 25K Keweenaw trail race in early July, Munson had rolled her ankle, which added an additional challenge during the Wes's race.

"For the Wes's Wicked my ankle was still a little tender...so I had to be careful running down hills," she said.

Munson finished the race in thirty minutes, five seconds, coming first in her age group (35 to 39 years) out of 10 women.

Overall, Munson came in thirteenth place out of 73 women.

Munson, who leads the Fitness Enhancement Program at TSC amongst 42 other instructors, helps Sailors get in shape through cardio, strength and conditioning training.

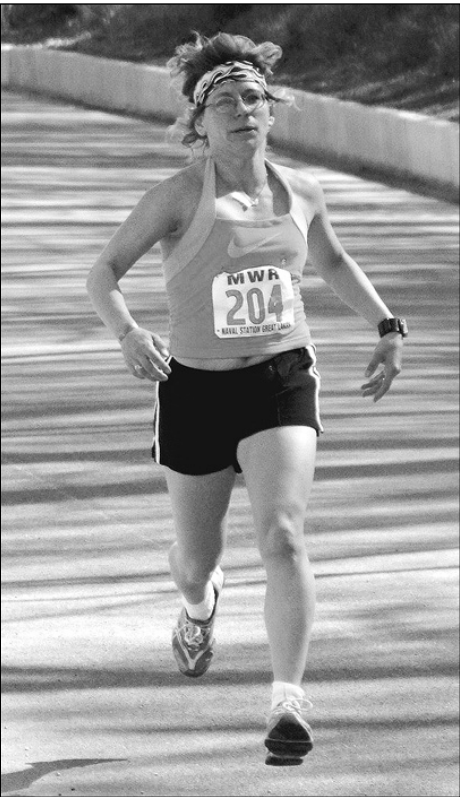
"Running helps me keep in shape so I can properly instruct various Physical Training (PT) programs in the Fitness Enhancement Program and lead by example. If people see me training and participating in all these races it helps motivate them," said Munson.

In addition to claiming the Iron woman title for a second year in a row for the best results in the bi-annual Physical Readiness Test (PRT) for women, Munson also participated in a triathlon July 4 in Leopolis, Wisconsin that included a pond swim, bike ride and run.

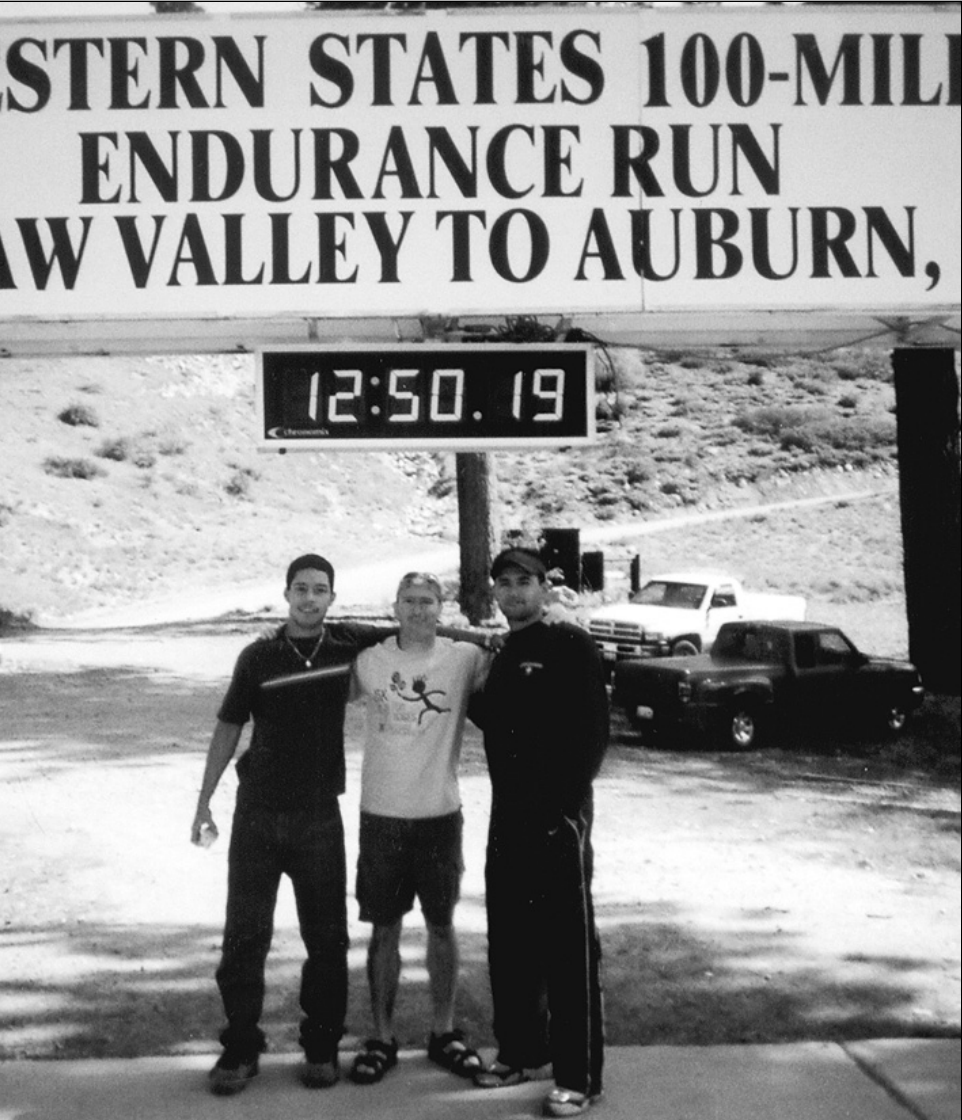
Munson also participates in all the MWR 5K sponsored runs.

QM1 (SW) Jose Garciaruiz, leading petty officer for TSC Command Fitness Leaders, said, "The Navy requires you to run 1.5 miles (for the PRT). By her [Munson] running, 20 mile, 10 mile, 5 mile distances she's more prepared as a leader to help others."

Munson's next trail race is the Rock 'N' Sole Trail Run Palos Woods in Willow Springs, Illinois July 24, alongside other members of the Navy running team.



ET1 (SW) Catherine Munson, TSC command fitness leader, runs in the bi-annual Physical Readiness Test (PRT). Muson, who claimed the Iron Woman title in the PRT is competing in a series of trail races. *Photo by Matt Mogle*



Endurance Runner John Spannuth, center, is flanked by his pacer, E.J. Medina, left, and his crew, Ed Medina.

NAVHOSP ensign completes 100-mile Endurance Run

Accomplishes feat in just under 26 hours

By **JUDY R. LAZARUS**
Bulletin Associate Editor

Running 100 miles in 25 hours and 57 minutes is a test of endurance and Ens. John Spannuth accomplished that feat in June. The staff nurse at Naval Hospital's Emergency Room started running in 1992 and moved on to serious events, such as marathons, eight years ago.

To qualify for the 100-mile Western States Endurance Run, the ensign had to complete a 50-mile Ultra within a certain amount of time. He finished 50 miles in under 10 hours.

The next step was to send in an application for a lottery. There were 800 applicants for 400 slots.

It was then that Spannuth realized, "Boy, have I got to train," which he did every weekend from January to June.

The race began at 5 a.m. in Squaw Valley, Calif. and ended in Auburn, 30 miles outside of Sacramento. The weather varied from 10 miles of intermediate snow to a high of 80 to 90 degrees.

There were numerous aid stations where water and food were supplied, and doctors checked the runners' weight to ensure that no one had gained or lost too many pounds.

"It was very medically controlled," said

Spannuth, a resident of Oak Forest, Ill..

Five thousand volunteers assisted in the event.

In these runs there is a camaraderie, Spannuth noted. "It's kind of a sub culture. Everybody suffers together. Sometimes you can be out there alone; it's nice when someone is running near you."

Spannuth enjoys the challenge of pushing his limitations, "hitting the wall and pushing on through. You have to get through it spiritually, physically, and emotionally," he said.

He also enjoys the beauty of being outdoors.

"My personal belief is that anybody could train for it and eventually make it, if they have the will and desire and the healthy body."

Spannuth noted that his department and colleagues at the hospital, and his wife, Mindy, were very supportive of his endeavor.

"It's a very selfish thing to do," he said. "It affects your colleagues and family. Without their support I couldn't do it."

Mindy was able to get live updates of the big race on the Internet so she could check on how it was going, her husband said. The couple are the parents of three boys, 7, 5 and 2 months old.

The ensign attended boot camp and "A" School at Great Lakes and became a hospital corpsman in 1988. He rose to chief in 2001 and was commissioned in 2003 after attending Officers Indoctrination School.

Chaplain pilots new spiritual triage program at TSC

Students discuss common concerns in group setting

By **EVA KOWALSKI**
Training Support Center

The Navy, with its military culture and traditions is it's own distinct entity and coming into that entity can be challenging for a new Sailor.

Adapting to something new and different takes time and acceptance. But coping with change does not have to be an alienating experience. The Spiritual Triage program, which has been piloted at Training Support Center (TSC), Great Lakes by Chaplain Cmdr. Brent Scott is designed to allow students to express similar concerns

in a group setting.

"Common problems exist with trying to adapt to the Navy way of life...being away from home for the first time, homesickness and loneliness that goes along with that," said Scott.

Another common problem Scott found amongst students is dealing with seasonal change during the wintertime.

"They [students] can't identify why they feel discouraged. They grew up in the warmer climates of Florida, California, Georgia and they have never experienced a real Midwest winter. They're taken out of their environment...and the gloom is tougher to work through because it's a whole new way of life for them," said Scott.

Scott has facilitated six Spiritual Triage groups since April with a maximum number of eight students per group. Each group session lasts an hour.

"We take a small group of Sailors that have the same general issue, get them

together and allow discussion and interaction to serve as a healing tool," he said.

Within the group setting, Scott serves as the facilitator allowing students to express their thoughts and relate to one another. "I guide the discussion and then bring some conclusions and summaries at the end," he said.

Scott said the program is not a substitute for individual counseling for those who need it, but rather a form of peer counseling to deal with mainstream concerns.

"I see them [students] leaving the group patting each other on the back...the encouragement they receive from each other is great. Every group I've had, I've left thinking this works...it saves man hours, it helps Sailors see their not the only one in the world feeling like they feel; it brings them together," he said.

Students who participated in the sessions signed up via the in-take form that is filled out upon arrival at TSC.

To ensure group confidentiality, Scott asked each member of the group to sign a contract.

"You relate better to people in small groups. You also have the opportunity to hear from other people. Everyone can talk and share," said Scott.

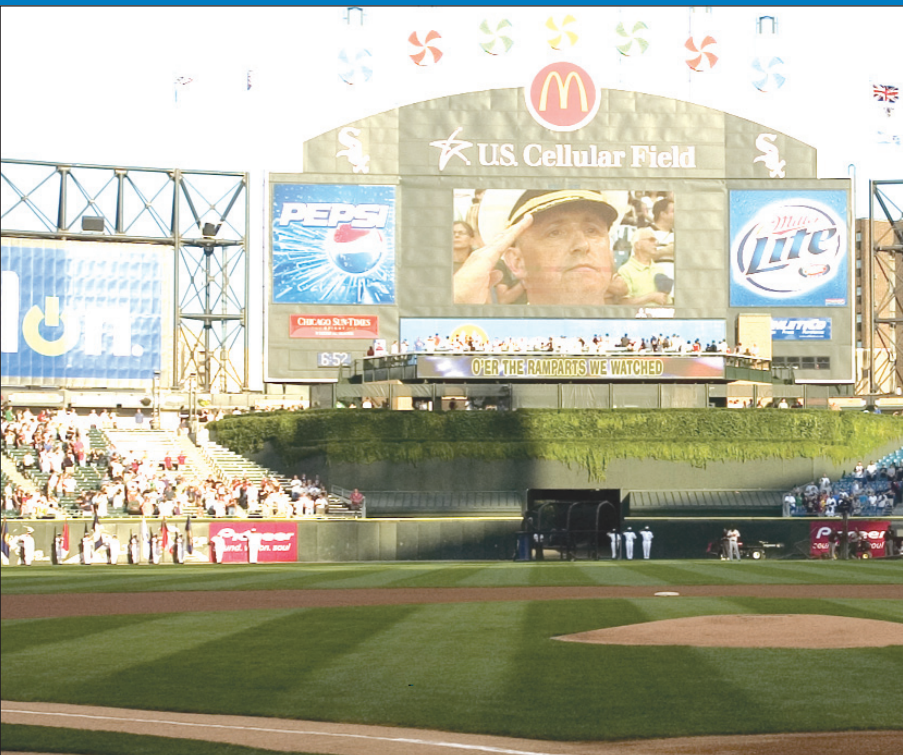
The group sessions promote camaraderie and the sharing of common interests, which is what shipboard life is all about. Scott said he is planning to implement the Spiritual Triage Program onboard the USS Ronald Reagan in San Diego where he is set to relocate in the next couple of months.

"What this does for us is it helps us manage our time and energy...we can devote more energy to them [students] than if we have non stop counseling all day."

Discussions about the further implementation of the Spiritual Triage program at TSC will be held in the upcoming months.



Rear Admiral Gary R. Jones throws the first pitch at Tuesday night's Chicago White Sox vs. Detroit Tigers baseball game at U.S. Cellular Park in Chicago. The Commander of Naval Service Training Command and Navy Region Midwest was joined by Commodore Anthony Barnes, Commander of Navy Recruiting Region Central, and Commander Dough Burton, Commanding Officer of Navy Recruiting District Chicago as special guests of the White Sox.



The Naval Dental Clinic Great Lake Color Guard posts the Colors at home plate by Musician 1st Class Richard Lindburg. On the big screen, Commander of Navy Recruiting District Chicago salutes. Lining the diamond is the Fifty State Flag detail. All these, along with the White Sox' sponsored recruit division, proudly participated in the Chicago White Sox twentieth Annual Navy Night.

Photos by FC2 (SW) Jason Mosher

Navy Night at US Cellular Field



The "Twin RDC's" AS1 Darrell Washington and AS1 Carroll Washington receive the White Sox flag to be flown by their division through their training at Recruit Training Command. Their division is the twentieth to be sponsored by the Chicago White Sox.

By J02 (SW) ED BERGSTROM, USNR

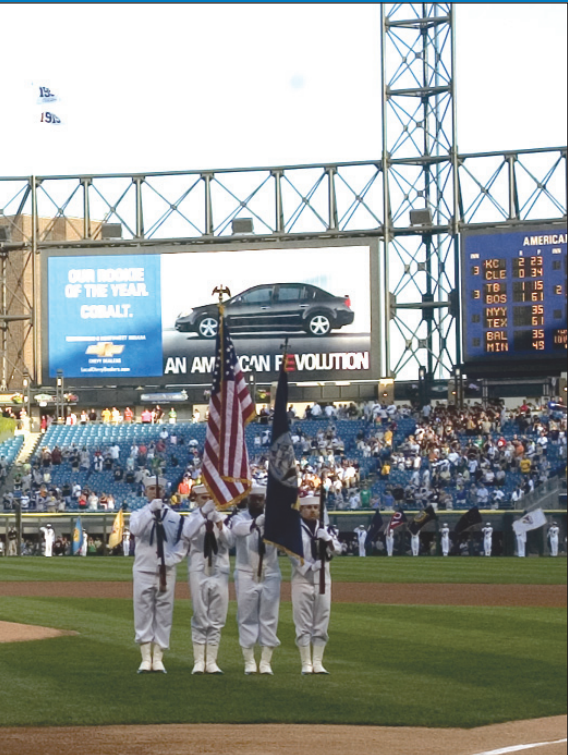
On the night of July 19, 2005, 101 Chicagoland Navy Recruits took the oath of enlistment in front of home plate at US Cellular Field, home of Major League Baseball's Chicago White Sox. Designated Navy Night at the ball park, fans were also treated to a Great Lakes Navy Color Guard Team and 50-state flag demonstration from Recruit Training Command (RTC), Great Lakes prior to the start of the game against the Detroit Tigers. Immediately after the game, the recruits boarded a bus and headed north to RTC Great Lakes to begin their 8 weeks of basic training. The recruits will form up as one division and be known as the "White Sox" division and carry the White Sox flag, presented to the recruits by Sam Lawson, White Sox

Man... Greg... was... was... hear... Cr... Chic... game... Rear... Serv... Midv... For... the N... own... organ... Night... appro... "sai...

The Fifty State Flag detail from Recruit Training Command stands by to take to the field at US Cellular Park Tuesday night. The Chicago White Sox have hosted the Navy every year for the last twenty years, and are one of the few Major League Baseball teams who sponsor a recruit division.



Recruit Training Command's fifty state flag detail as they participate in the White Sox' twentieth Annual Navy Night. The White Sox sponsored recruit division being saluted by the Navy Anthem, featuring a Naval Color Guard, and Rear Admiral Gary R. Jones.



During the singing of the National Anthem, Commander Doug Burton, Commanding Officer of Navy Recruit Training Command's fifty state flag division and Rear Admiral Gary R. Jones, USN, preside over Navy Night at U.S. Cellular Park Tuesday night.

Field

Manager of Corporate Development and Ticket. "I was really nervous walking out onto the field. It was really cool how all the guys walked out and to see all the fans cheered."

Commander Doug Burton, commanding officer, Navy Recruit Training Command, performed the swearing-in just prior to the ceremony on the field. Throwing out the first pitch was Rear Admiral Gary R. Jones, commander, Naval Recruit Training Command and Navy Region South Atlantic.

For the past 20 years, the Chicago White Sox and the Navy have teamed for Navy Night. "From the time I was a kid, I was a fan of the White Sox," said Jerry Reinsdorf on down through the entire organization, we have always been a fan of Navy Night at the ballpark. We step up to show our appreciation and always look forward to this night, said Lawson.



AS1 Daniel Wolsey takes the field at U.S. Cellular Park Tuesday night for Navy Night. The event also included the swearing in, a Navy Musician singing the National Anthem and the ceremonial first pitch being thrown by Rear Admiral Gary R. Jones, USN.



The White Sox' sponsored division, led by AS1 Darrell Washington, AS1 Carroll Washington and PH1 Daniel Wolsey, marches toward Home Plate at U.S. Cellular Park in Chicago where they were sworn in by Commander Doug Burton, Commanding Officer of Navy Recruiting District Chicago. All eighty-eight members of the division are from the Chicagoland area.